Habit appliances are designed to offset the problems caused primarily by thumb or tongue habits. If detected early enough, these appliances can help reverse the problems that are typically associated by the habit. Some of these problems include severe flaring of the upper incisors, developing an anterior open bite, constriction of the maxilla, creating a posterior crossbite or possible CL II relationship. Some appliances are designed in a way that prevents the tongue from crossing into the occlusal plane or thrusting past the incisal edge. Other designs are intended to eliminate palatal suction and/or make it uncomfortable for patient who consistently suck their fingers or thumb. Regardless of the situation presented to you by your patient AOA has the appliance option that best suits you and your patient’s needs.